Amendments to the Specification:

Please replace the paragraph beginning at page 15, line 9, with the following amended paragraph:

When MAC layer processor 602 detects that such a "quiet slot" is coming, it activates a calibration control block 614. Calibration control block 614 then measures the signal level at the input to analog to digital converter 610. The ratio of the measured signal level over the known thermal noise level at antenna 607 will then be the gain through diplexer 606 and head end receiver analog chain 608. This gain is then adjusted by calibration control block 614 so that the power control loop will continue to set the subscriber unit output power within a range that ensures accurate reception and that does not unduly interfere with upstream transmissions to other head ends. This gain adjustment is performed by changing an attenuator setting within head end analog chain 608. Preferably this calibration operation will only occupy a few milliseconds and will be performed once or twice a day. The necessary frequency of calibrations may depend on the degree of temperature variation at the head end location.